

# August Lunch Club 60 Menu

Serving Time: 11:30 am  
Menu items subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Macaroni & Cheese Stewed Tomatoes Green Beans 12 Grain Bread Pineapple	2 Chicken Tacos w/Lettuce, Tomato, Salsa, Cheese & Sour Cream Mexican Bean Soup Cantaloupe	3 Pub Burger w/Condiments Marinated Tomatoes & Cukes Potato Salad Honeydew	4 Sweet & Sour Pork over Brown Rice Wax Beans Oriental Blend Vegetables Dinner Roll Nectarine	5 Rosemary Oven Browned Chicken ¼ Spinach Tortellini Salad Carrots & Peas 12 Grain Bread Mandarin Oranges
8 Chili Topped Baked Potato w/Sour Cream & Shredded Cheese Broccoli Italian Bread Applesauce	9 Salisbury Steak w/Mushroom Sauce Tossed Lettuce Salad w/ Ranch Dressing Mashed Potatoes Rye Bread Pears	10 Italian Sausage w/Onions on Bun Apple Juice Cucumber & Red Onion Salad Carrots Nectarine	11 Chicken Salad Sandwich on Wheat Thinwich Yankee Bean Soup Tossed Salad w/ Italian Dressing Plums	12 Lemon Pepper Fish w/ Tartar Sauce Coleslaw w/out Pineapple Mixed Vegetables Wheat Bread Butterscotch Pudding
15 BBQ Pork Riblet on Bun Picnic Slaw Corn Apricots	16 Vegetable Lasagna w/ Sauce Tossed Lettuce Salad w/ French Dressing Green Beans Italian Bread Honeydew	17 Fajita Chicken on Spinach Romaine Salad w/ Ranch Dressing Cream of Tomato Soup Wheat Dinner Roll Cantaloupe	18 Stuffed Cabbage w/ Sauce Mashed Potatoes Peas Rye Bread Watermelon	19 <b>Salute to Seniors</b> Hot Dog on Bun w/condiments Orange Juice Potato Salad Baby Carrots Cheese Stick Fruit Cup
22 Meatball Sub on Roll Turkey Vegetable Soup Tossed Lettuce Salad w/ Italian Dressing Mandarin Oranges	23 <b>End of Summer Picnic No Lunch Served Today</b>	24 Seafood Salad on Wheat Thinwich Chicken Gumbo Tossed Lettuce Salad w/French Dressing Honeydew	25 Broccoli Cheese Quiche Tossed Lettuce Salad w/Ranch Dressing Green Beans Wheat Bread Cantaloupe	26 Chicken Salad w/Lettuce & Tomato on 12 Grain Bread Split Pea Soup Pineapple
29 Breaded Haddock w/Tartar Sauce Coleslaw w/out Pineapple Mixed Vegetables Wheat Bread Chocolate Pudding	30 Oven Browned Chicken ¼ Italian Wedding Soup California Blend Vegetables 12 Grain Bread Pears	31 Meat Lasagna Carrots Tuscany Blend Vegetables Italian Bread Cantaloupe Cupcakes	<b>All meals served with milk, bread and margarine.</b>  <b>Soup served with crackers.</b>	<b>Funding</b> This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging

# **Lunch Reservation Procedure**

## **(Please call 723-2425)**

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

### **Medical Motors Transportation**

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
    - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

**Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.**

**3 Vince Tofany Blvd. Greece, NY 14612**  
**(585) 723-2425**  
**[www.greecenyny.gov](http://www.greecenyny.gov)**



## Monroe County Senior Nutrition Program

### Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

### Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

### Who must 'pay'?

#### Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

#### Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



# DIETITIAN'S DESK NEWSLETTER



AUGUST 2016 EDITION

## 5-Ingredient Recipes

### Zucchini Fritters

**Nutrition:** (for 4-5 fritters, serves 3)

- Calories: 300 ● Carbohydrate: 27g ● Fat: 18g
- Protein: 9g ● Cholesterol: 125mg ● Sodium: 385mg

**Ingredients:**

- 4 cups shredded zucchini
- ½ cup diced scallions or onions
- ¾ cup all-purpose flour
- 2 large eggs, lightly beaten
- Vegetable oil



**Directions:**

from justataste.com

- Place zucchini in a bowl and lightly salt. Squeeze as much liquid out as possible.
- Add scallions, flour, and eggs, and stir until combined. Add black pepper to taste.
- Coat a saucepan with oil and set to medium-high heat.
- Scoop 3-tbsp portions into the pan, pressed lightly and spaced 2 inches apart (recipe yields 12-15 fritters).
- Cook for 2-3 minutes on each side.
- Add salt to taste and serve. *Optional:* Sour cream, onion, and/or applesauce toppings.

### Banana Pancakes

**Nutrition:** (for 2 pancakes, serves 2)

- Calories: 175 ● Carbohydrate: 21g ● Fat: 8g
- Protein: 7g ● Cholesterol: 185mg ● Sodium: 75mg

**Ingredients:**

- 1 ripe banana ● Vegetable oil
- ½ tsp cinnamon ● Maple syrup
- 2 eggs



**Directions:**

- Combine banana, eggs, cinnamon. Mix and mash until smooth.
- Grease pan and set to medium.
- Pour ¼ of batter into pan and cook 1 ½ minutes per side.
- Serve with maple syrup. from zoomyummy.com

### Black Bean Soup

**Nutrition:** (for 1 bowl, serves 4)

- Calories: 275 ● Carbohydrate: 45g ● Fat: 2.5g
- Protein: 18g ● Cholesterol: 4mg ● Sodium: 555mg

**Ingredients:**

- 2 cans black beans ● Chives
- 1 cup of chicken broth
- 1 cans diced tomatoes (unsalted)
- ¼ cup shredded reduced fat Mexican-blend cheese



**Directions:**

from honeyandbirch.com

- Combine bean, broth, & tomatoes in a medium pot. Bring to a boil and simmer for 10 minutes.
- Remove from stove and blend using an immersion blender or a traditional blender.
- Serve sprinkled with cheese and chives.

### Bean and Cheese Stuffed Peppers

**Nutrition:** (for 1 stuffed pepper, serves 2)

- Calories: 245 ● Carbohydrate: 42g ● Fat: 3.5g
- Protein: 13g ● Cholesterol: 10mg ● Sodium: 770mg

**Ingredients:**

- 3 bell peppers
- 1 cup chopped onion
- 1 cup fat-free refried beans
- ¼ cup red enchilada sauce
- ¼ cup shredded reduced fat Mexican-blend cheese



**Directions:**

from hungry-girl.com

- Preheat oven to 375°F.
- Slice 2 bell peppers in half lengthwise, and remove seeds and stems. Bake until slightly softened, 16 - 18 minutes. Remove pan, but leave oven on.
- Deseed and chop the third bell pepper. Bring a skillet sprayed with nonstick spray to medium-high heat. Cook chopped bell pepper and onion until softened.
- Transfer chopped veggies to a medium bowl, and blot dry. Add refried beans, and thoroughly stir.
- Blot dry the pepper halves, and evenly distribute bean mixture among them. Top each stuffed pepper half with 1 tbsp. enchilada sauce and 1 tbsp. cheese.
- Bake until filling is hot and cheese has melted.





# Greece on the Go

Keeping **You** Moving in Greece and Beyond



## August 2016

### Adult Day Trips

**Wednesday, September 14**

**Buffalo & Erie County Botanical Gardens & Our Lady of Victory National Shrine and Basilica**

Join us for a guided tour of the gardens, greenhouse, outdoor peace garden and medicinal garden. The length of the tour is approximately 1-hour. We will break for lunch at the Wayside Family Restaurant. Lunch will be at your own expense. In addition to the gardens, we will also be visiting the Our Lady of Victory National Shrine for a 75-minute tour. Enjoy the architectural wonders and history this place has to offer. Please wear comfortable shoes for our trips as their will be a great deal of walking.

**8:30am-5:00pm**

**\$16.00 per person**

**Wednesday, September 28**

**Lockport Cave & Underground Boat Ride**

The Lockport Cave & Underground Boat Ride in Lockport, NY offers the public an exciting 70-minute guided tour through America's past near Buffalo and Niagara Falls. You will have the chance to explore the historic and newly rehabilitated "Flight of Five" Erie Canal Locks 67-71 constructed in 1838. You will also view ruins from the industrial revolution, walk through a water tunnel, view stalactites, flow stone, and various geological formations and artifacts. Lunch will be at *Lock 34* at your own expense. Please wear comfortable shoes and clothing as there will be a lot of walking and stair climbing. Please note that the cave is 65 degrees in temperature.

**9:15am-3:30pm**

**\$15.00 per person**

All trips depart and return from the  
Community & Senior Center  
3 Vince Tofany Blvd  
Greece, NY 14612

### Senior Lunch Trips

**Wednesday, August 3: Cheeburger Cheeburger**

11:00am-1:30pm

\$2.00 to ride bus

**Wednesday, August 24: Schooner's by the Lake**

11:00am-1:45pm

\$2.00 to ride bus

### Grocery Shopping

**Friday, August 5: Wegmans-Ridgemont Location**

9:00am-11:30am

Medical Motors Transportation

**Friday, August 12: The Christmas Tree Store**

9:00am-11:30am

Medical Motors Transportation

**Tuesday, August 16: Downtown Public Market**

9:00-11:30am

Medical Motors Transportation

**Friday, August 26: Tops on Mt. Read**

9:00am-11:30am

Medical Motors Transportation

#### **\*Please Note:**

For Trips Noted "Medical Motors Transportation" Through the Greece Community & Senior Center, for Greece Seniors, Medical Motors offers monthly trips to area grocery trips.


Transportation is free and **requires a minimum of 3 riders.**

You may sign up at the front desk ahead of time or by calling 723-2425.

**COUNTY EXECUTIVE CHERYL DINOLFO PRESENTS:**

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# Monroe County's 13<sup>th</sup> Annual Salute to Seniors Concert



Friday, August 19, 2016

Ontario Beach Park (rain or shine)

10:00am-12:00pm Performance by *Coupe De'Villes*

12:30pm-2:00pm Performance by *The Bug Zappers*

FREE TO ALL SENIORS

Please bring your own lawn chair, as pavilion seating is limited.  
Drinking water will be provided. Pack your lunch, or **order a boxed lunch for \$5.00**. Transportation is available and limited to 30 spots; participants are welcome to drive to the event on their own.

Please place your lunch orders by **August 4, 2016**.

Lunch boxes will not be sold at the event.

#### Boxed Lunch Menu:

- Hot Dog & Bun
- Orange Juice
- Potato Salad
- Baby Carrots
- Cheese Stick
- Fruit Cup
- Cookie

#### If Transportation is Needed:

Bus will depart from the Community Center at 9:45am  
Return to the Community Center at 2:15pm



**\$3.00 per person**

With music by *String of Pearls*

# End of Summer Picnic

*Presented by Legacy*



## Menu

Hot Dogs  
Mac Salad  
Watermelon  
Brownies



**Tuesday, August 23, 2016**

**10:45a.m.-2:30p.m.**

**Purchase your tickets for  
\$3.00 per person  
July 18-August 16, 2016**

**Pavilion  
3 Vince Tofany Blvd  
Greece, NY 14612**





# Oktoberfest

2016

Friday,  
September 23<sup>rd</sup>

10:45am-2:30pm

*\*Lunch Served at 11:30am\**

## Menu

Pork Schnitzel  
German Potato Salad  
Sweet & Sour Red  
Cabbage  
Sauerkraut  
German Sausage  
Dessert

Music Provided by  
Ernie Capone

TICKETS ON SALE  
JULY 18-SEPTEMBER 14

**\$7.00 per  
person**

Featuring:

**HILBY**

Skinny German Juggler

“Rivetingly Absurd”  
*The New York Times*



*Sponsored by*

Crimson Ridge  
Senior Living





# Meal Time Music

*Enjoy good eating and good music*

**Wednesday, July 27**

**11:45am-12:45pm**

**Featuring Fred Lampey**

**Pre-Register for your meal by**

**Monday, July 11**

**Wednesday, August 24**

**11:45am-12:45pm**

**Featuring Dick Mazzatti Duo**

**Pre-register for your meal by**

**Monday, August 8**

**Wednesday, September 28**

**11:45am-12:45pm**

**Featuring Allan Hopkins**

**Pre-register for your meal by**

**Monday, September 12**

